

Health and Academic Achievement Links

- ◆ Being overweight/obese is associated with poorer academic achievement (*Taras H, Potts-Datema W, 2005*).
- ◆ Schools that offer free, high quality breakfast programs show student increases in academic achievement, class participation and daily attendance (*Powell, CA, 1998*).
- ◆ Schools that offer intense physical activity programs have shown positive effects on student academic achievement (*Symons, CW, 1997*).
- ◆ Better social, emotional and decision making skills are associated with higher test scores and higher grades (*Fleming CB, et. al, 2005*).



*Children must be healthy to be educated
and must be educated to be healthy.*

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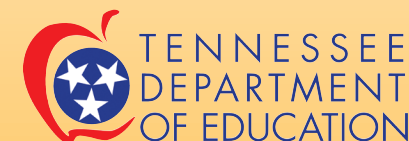
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COORDINATED SCHOOL HEALTH

in Tennessee



***Where health strengthens students'
academic achievement...***

Coordinated School Health

Coordinated School Health (CSH) is an effective system designed to connect health with education. Students' health and their capacity to learn are enhanced through the support of families, communities and schools who work together in a coordinated, focused and cost-effective manner. The CSH model focuses on six critical health behaviors identified by the Centers for Disease Control and Prevention (CDC) that contribute to the leading causes of death among youth and young adults. These critical health behaviors are:

- ◆ Inadequate physical activity
- ◆ Unhealthy eating behaviors
- ◆ Tobacco use
- ◆ Sexual behaviors that may result in HIV infection, other sexually transmitted diseases and unintended pregnancies
- ◆ Alcohol and other drug use
- ◆ Behaviors that contribute to unintentional injuries and violence



Benefits of a Coordinated School Health Initiative

- ◆ Improved nurse to student ratio
- ◆ Reduced absenteeism
- ◆ Increased physical education/activity
- ◆ Increased access to health care services
- ◆ Students are better informed for making healthy decisions for life

8 Components of Coordinated School Health

Tennessee's Coordinated School Health initiative is based on the CDC's model that includes the following eight components:

- 1 Comprehensive School Health Education (grades K-12)
- 2 Physical Education and Activity
- 3 Nutrition Services
- 4 School Health Services
- 5 School Counseling, Psychological and Social Services
- 6 Healthy and Safe School Environment
- 7 Student, Family and Community Involvement in Schools
- 8 Health Promotion for School Staff



Tennessee's Coordinated School Health Initiative

The Tennessee Department of Education works in collaboration with the Tennessee Department of Health and the Centers for Disease Control & Prevention to implement Coordinated School Health (CSH) in Tennessee. Based upon passage of **The Coordinated School Health Improvement Act of 1999, Chapter 554** and the subsequent **2006 Public Chapter 1001**, CSH was created and funded with state budget dollars to implement CSH to all school systems in Tennessee. Funds support the development of a local infrastructure to promote health and wellness for all students and staff and thereby decrease barriers that prevent students from achieving their full academic potential.

*Since 2000,
CSH has been strengthening
academic achievement
through improving
student health status.*